

MOTION BY SUPERVISOR ZEV YAROSLAVSKY

September 28, 2010

Experts estimate that a suicide attempt is made every minute, and every 16 minutes, a person in the United States dies by suicide. Mental illnesses, such as depression and bi-polar disorder, affect millions of people including those we work with, socialize with, love, and admire.

The pervasive stigma associated with these mental illnesses isolate their victims, causing feelings of helplessness and despair which many people don't feel comfortable sharing with their friends or family.

As part of the Department of Mental Health's Prevention and Early Intervention effort, the Los Angeles County Department of Mental Health (LACDMH) has joined the American Foundation for Suicide Prevention (AFSP) to raise awareness of suicide prevention and research during AFSP's "*Out of Darkness* Community Walk" on October 23, 2010. LACDMH will join AFSP in the effort to reduce the stigma of suicide.

The "*Out of Darkness* Community Walk" is a 3 to 5 mile walk taking place at the Santa Monica Civic Center on October 23, 2010. LACDMH employees will be walking

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with thousands of people nationwide to raise money for AFSP's vital research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide, advocate for mental health issues, and assist survivors of suicide loss.

I, THEREFORE, MOVE that the Board of Supervisors proclaim Saturday, October 23, 2010 as the “*Out of Darkness* Community Walk to Prevent Suicide” day throughout the County of Los Angeles and encourage employees and their families to participate in this event.

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